MOMENTUM T7 TREADMILL

USER MANUAL

PRECAUTIONS

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____ Phone Number: _____ Receipt: _____

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill be sure the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than **400lbs**.
- Never allow more than one person on the treadmill at a time.
- Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.

POWER REQUIREMENTS

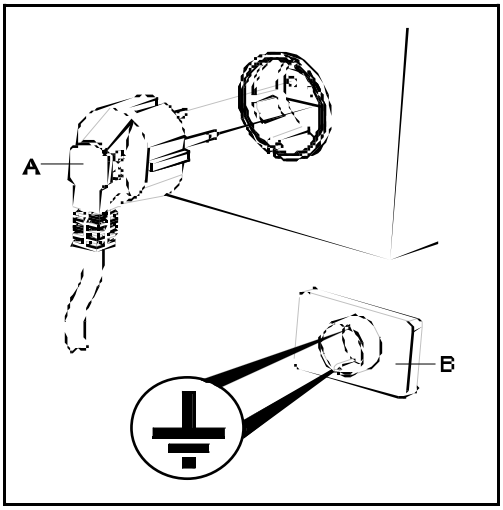
Power Requirements:

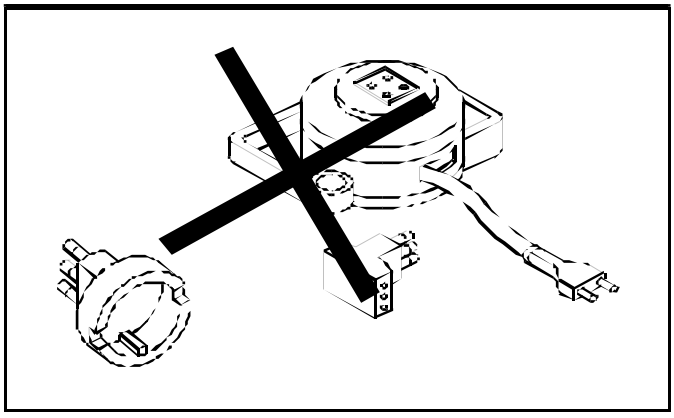
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 230-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.





PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Contents Checklist and Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

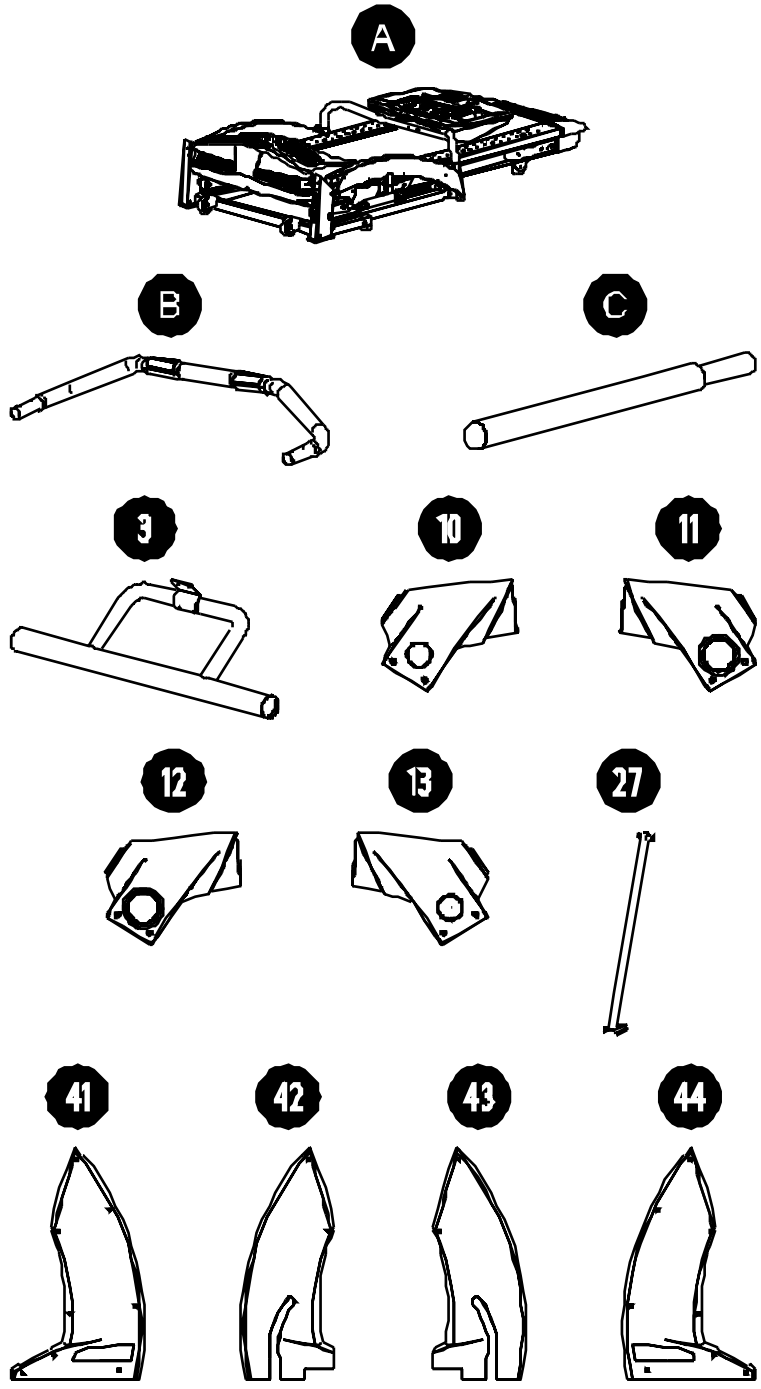
Please note that there is a weight limitation for this product. **If you weigh more than 400lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

CONTENTS CHECKLIST

Carton contents:

For your convenience, we have identified the contents of the shipping carton. Please check to make sure you have all of the components before assembly. This chart is provided to help you identify the components used in the assembly of this product.

No.	Description	Qty.
A	Main Frame Assembly	1
B	Front Handlebar Assembly	1
C	Handlebar Assembly	2
3	Console Support Tube	1
10	Handlebar Rear End Cap - Left # 1	1
11	Handlebar Rear End Cap - Left # 2	1
12	Handlebar Rear End Cap - Right # 1	1
13	Handlebar Rear End Cap - Right # 2	1
27	Upright Support Tube	2
41	Upright Plastic Shroud Left #1	1
42	Upright Plastic Shroud Left #2	1
43	Upright Plastic Shroud Right #2	1
44	Upright Plastic Shroud Right #1	1

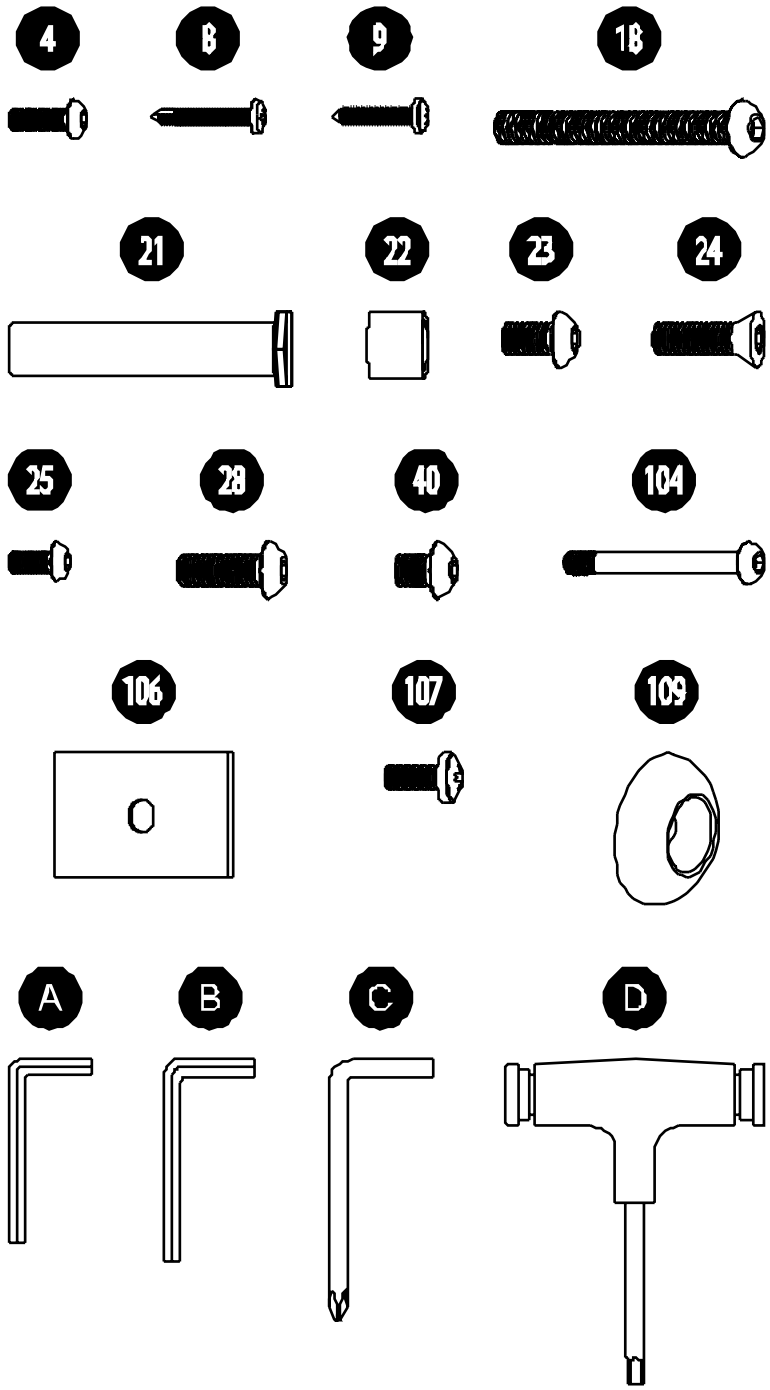


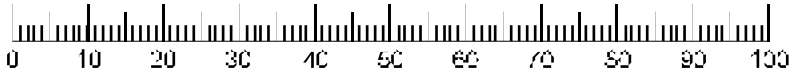
HARDWARE COMPARISON CHART

Hardware chart

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

No.	Description	Qty.
4	M6 x 20mm Allen Head Bolt	2
8	#8 x 19mm Screw	20
9	#8 x 25mm Screw	8
18	M8 x 95mm Screw	2
21	1/2" x 68mm Bolt	2
22	Plastic Spacer	4
23	M8 x 25mm Allen Head Bolt	2
24	M10 x 20mm Allen Head Bolt	4
25	M8 x 20mm Allen Head Bolt	2
28	M8 x 15mm Allen Head Bolt	6
40	M8 x 10mm Allen Head Bolt	4
104	Console Screw	2
106	Upright Cover	2
107	M6 x 15mm Screw	2
109	Metal Cap	2
A	4mm Wrench	1
B	5mm Wrench	1
C	Phillips Head Wrench	1
D	6mm Wrench	1





MILLIMETERS

PARTS LIST

No.	Description	Qty.	Order No.
1	Computer	1	T7 - 001
2	Key pad	1	T7 - 002
3	Console Support Tube	1	T7 - 003
4	M6 x 20mm Allen Head Bolt	2	T7 - 004
5	Console Support Tube	1	T7 - 005
6	N/A		
7	Plastic Fixing Insert	8	T7 - 007
8	#8 x 19mm Screw	24	T7 - 008
9	#8 x 25mm Screw	8	T7 - 009
10	Handlebar Rear End Cap - Left # 1	1	T7 - 010
11	Handlebar Rear End Cap - Left # 2	1	T7 - 011
12	Handlebar Rear End Cap - Right # 1	1	T7 - 012
13	Handlebar Rear End Cap - Right # 2	1	T7 - 013
14	Handlebar Grip	2	T7 - 014
15	Handlebar	2	T7 - 015
16	Hand Pulse Sensor	2	T7 - 016
17	Console Housing - Upper	1	T7 - 017
18	M8 x 95mm Screw	2	T7 - 018
19	Upright - Left	1	T7 - 019
20	Upright - Right	1	T7 - 020
21	1/2" x 68mm Bolt	2	T7 - 021
22	Plastic Spacer	4	T7 - 022
23	M8 x 25mm Allen Head Bolt	2	T7 - 023
24	M10 x 20mm Allen Head Bolt	4	T7 - 024
25	M8 x 20mm Allen Head Bolt	2	T7 - 025
26	Adjustable Cylinder	2	T7 - 026
27	Upright Support Tube	2	T7 - 027
28	M8 x 15mm Allen Head Bolt	16	T7 - 028
29	M6 x 55mm Allen Head Bolt	2	T7 - 029
30	M14 x 113mm Bolt	2	T7 - 030
31	Bushing	4	T7 - 031
32	Stabilizer	2	T7 - 032
33	Base Frame	1	T7 - 033
34	Running Deck Fixed Tube Sleeve	2	T7 - 034

No.	Description	Qty.	Order No.
35	Cushion	4	T7 - 035
36	M6 x 13mm Washer	2	T7 - 036
37	#8 x 15mm Screw	38	T7 - 037
38	Console Housing - Bottom	1	T7 - 038
39	Deck Fixing Tube	1	T7 - 039
40	M8 x 10mm Allen Head Bolt	4	T7 - 040
41	Upright Plastic Shroud Left #1	1	T7 - 041
42	Upright Plastic Shroud Left #2	1	T7 - 042
43	Upright Plastic Shroud Right #2	1	T7 - 043
44	Upright Plastic Shroud Right #1	1	T7 - 044
45	Side Cover - Left	1	T7 - 045
46	Side Cover - Right	1	T7 - 046
47	Power Switch Set	1	T7 - 047
48	M5 x 10mm Screw	2	T7 - 048
49	Motor Hood	1	T7 - 049
50	Top Maintenance Cover	1	T7 - 050
51	#8 x 50mm Screw	2	T7 - 051
52	Aluminum Side Rail	2	T7 - 052
53	Running Belt	1	T7 - 053
54	Running Deck Rear Cover	1	T7 - 054
55	Rear Foot Platform	1	T7 - 055
56	Rubber Spacer - Left	1	T7 - 056
57	Rubber Spacer - Right	1	T7 - 057
58	Running Deck	1	T7 - 058
59	Deck Rubber Cushion	10	T7 - 059
60	M10 x 35mm Bolt	1	T7 - 060
61	M5 x 15mm Screw	2	T7 - 061
62	Clip	2	T7 - 062
63	Elevation Motor	1	T7 - 063
64	M10 Nylon Nut	2	T7 - 064
65	Tension Wheel	1	T7 - 065
66	Front Vent Cover	1	T7 - 066
67	Rear Vent Cover	1	T7 - 067
68	Logo Light Bracket	1	T7 - 068

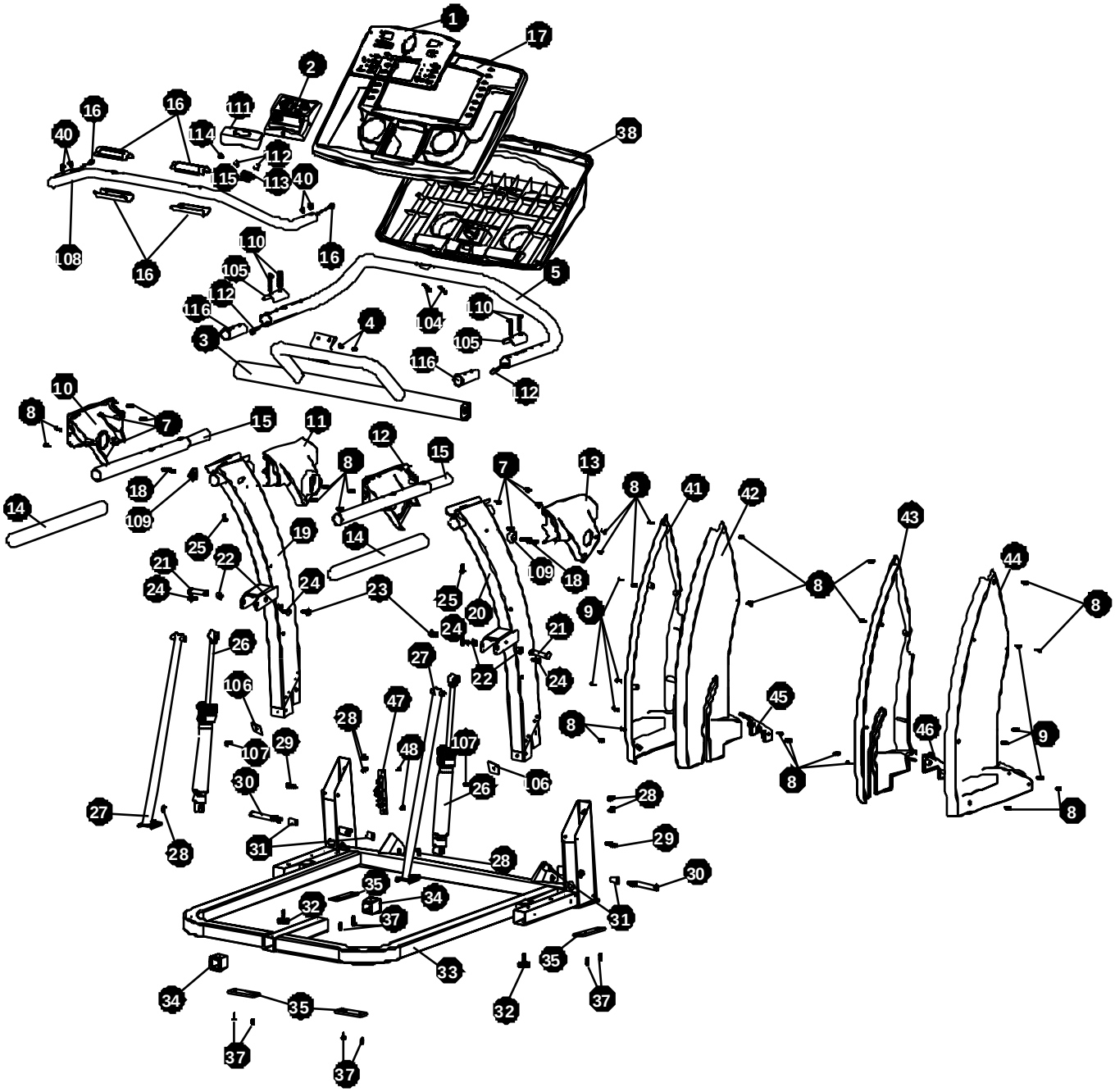
PARTS LIST

No.	Description	Qty.	Order No.
69	Driving Motor	1	T7 - 069
70	Roller Carbon Brush	1	T7 - 070
71	Motor Holder	1	T7 - 071
72	Motor Holder Adjustment	1	T7 - 072
73	M10 x 136mm Bolt	1	T7 - 073
74	M10 x 63mm Bolt	1	T7 - 074
75	Motor Drive Belt	1	T7 - 075
76	Tension Wheel Bracket	1	T7 - 076
77	Transfer Board	1	T7 - 077
78	Front Roller	1	T7 - 078
79	Front Roller Shaft	1	T7 - 079
80	Deck Frame	1	T7 - 080
81	Micro Switch	1	T7 - 081
82	M8 x 70mm Bolt	3	T7 - 082
83	8 x 16 x T2.0 Washer	13	T7 - 083
84	Motor Hood Side Cover - Left	1	T7 - 084
85	Motor Hood Side Cover - Right	1	T7 - 085
86	Frame Side Cover - Left	1	T7 - 086
87	Frame Side Cover - Right	1	T7 - 087
88	Plastic Clamp - Top	2	T7 - 088
89	Plastic Clamp - Bottom	2	T7 - 089
90	Bracket	2	T7 - 090
91	M8 x 25mm Screw	4	T7 - 091
92	Rear Roller	1	T7 - 092
93	Rear Roller Shaft	1	T7 - 093
94	M8 x 43mm Bolt	2	T7 - 094
95	M8 Nylon Nut	12	T7 - 095
96	Deck Wheel	2	T7 - 096
97	Rubber Dot	1 SET	T7 - 097
98	Deck Wheel Bracket	2	T7 - 098
99	Elevation Support Tube Side Cover - Left	1	T7 - 099
100	Elevation Support Tube Side Cover - Right	1	T7 - 100
101	Elevation Support Tube	1	T7 - 101
102	Motor Belly Pan	1	T7 - 102

No.	Description	Qty.	Order No.
103	#8 x 35mm Screw	4	T7 - 103
104	Console Screw	2	T7 - 104
105	Handlebar Fixing Plate	2	T7 - 105
106	Upright Cover	2	T7 - 106
107	M6 x 15mm Screw	2	T7 - 107
108	Front Handle bar	1	T7 - 108
109	Metal Cap	3	T7 - 109
110	M8 x 45mm Bolt	12	T7 - 110
111	Emergency Stop	1	T7 - 111
112	Hand Pulse Sensor Wire - Upper	2	T7 - 112
113	Side Rail Guide Light Board	1	T7 - 113
114	N/A		
115	N/A		
116	Handle Bar Plastic Bushing	2	T7 - 116
117	Motor Control Board	1	T7 - 117
118	Motor Control Board Fan	1	T7 - 118
119	Main Transformer	1	T7 - 119
120	N/A		
121	N/A		
122	N/A		
123	Motor Control Board Cover	1	T7 - 123
124	Motor Control Board Radiator	1	T7 - 124
125	Rear Frame	1	T7 - 125
126	Foot Platform Support Frame	1	T7 - 126
127	Deck Frame Side Cover - Left #2	1	T7 - 127
128	Deck Frame Side Cover - Right #2	1	T7 - 128
129	10 x 16 Washer	1	T7 - 129
130	Side Rail Guide Light	2	T7 - 130

PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



PARTS DIAGRAM

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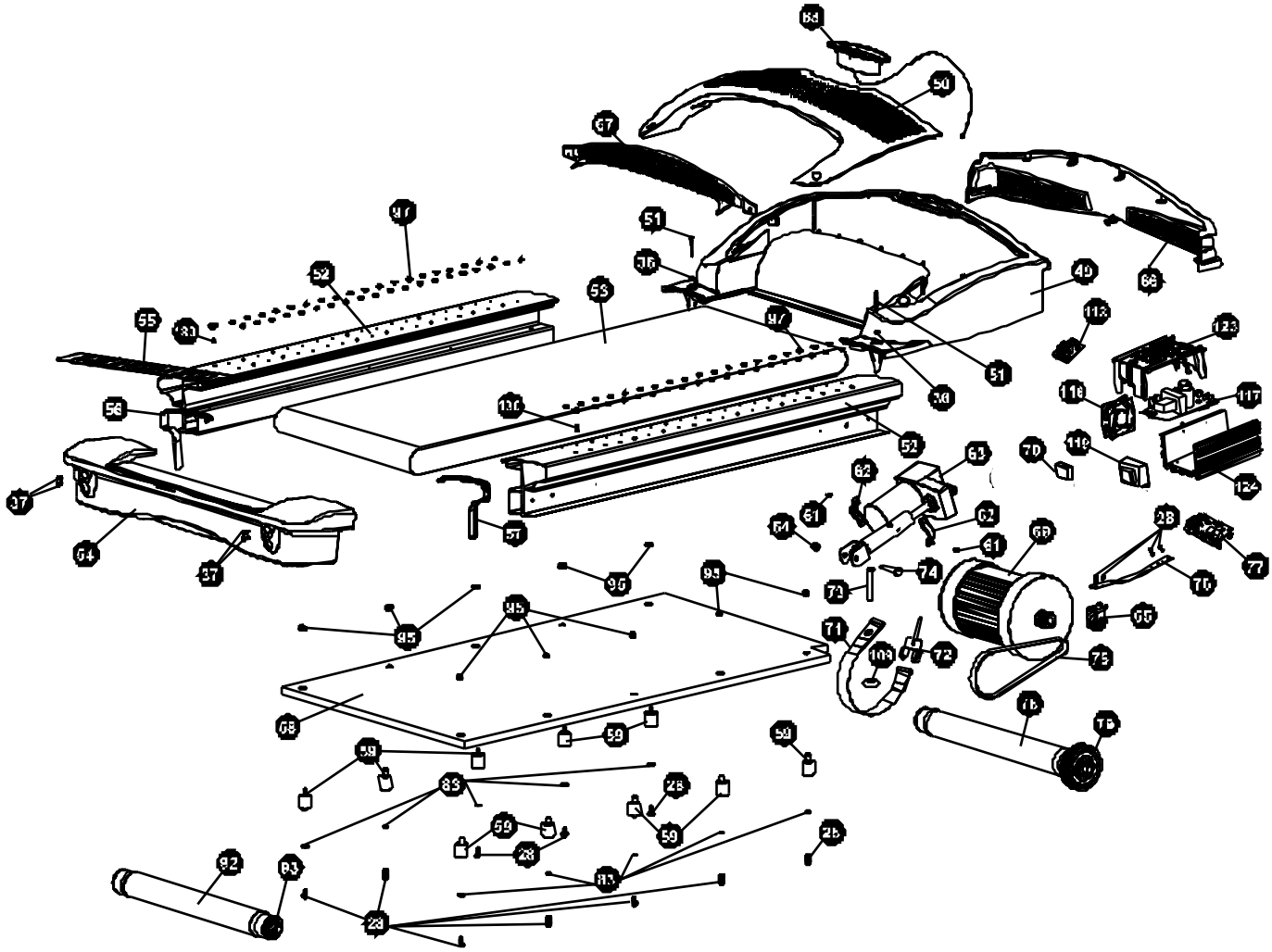

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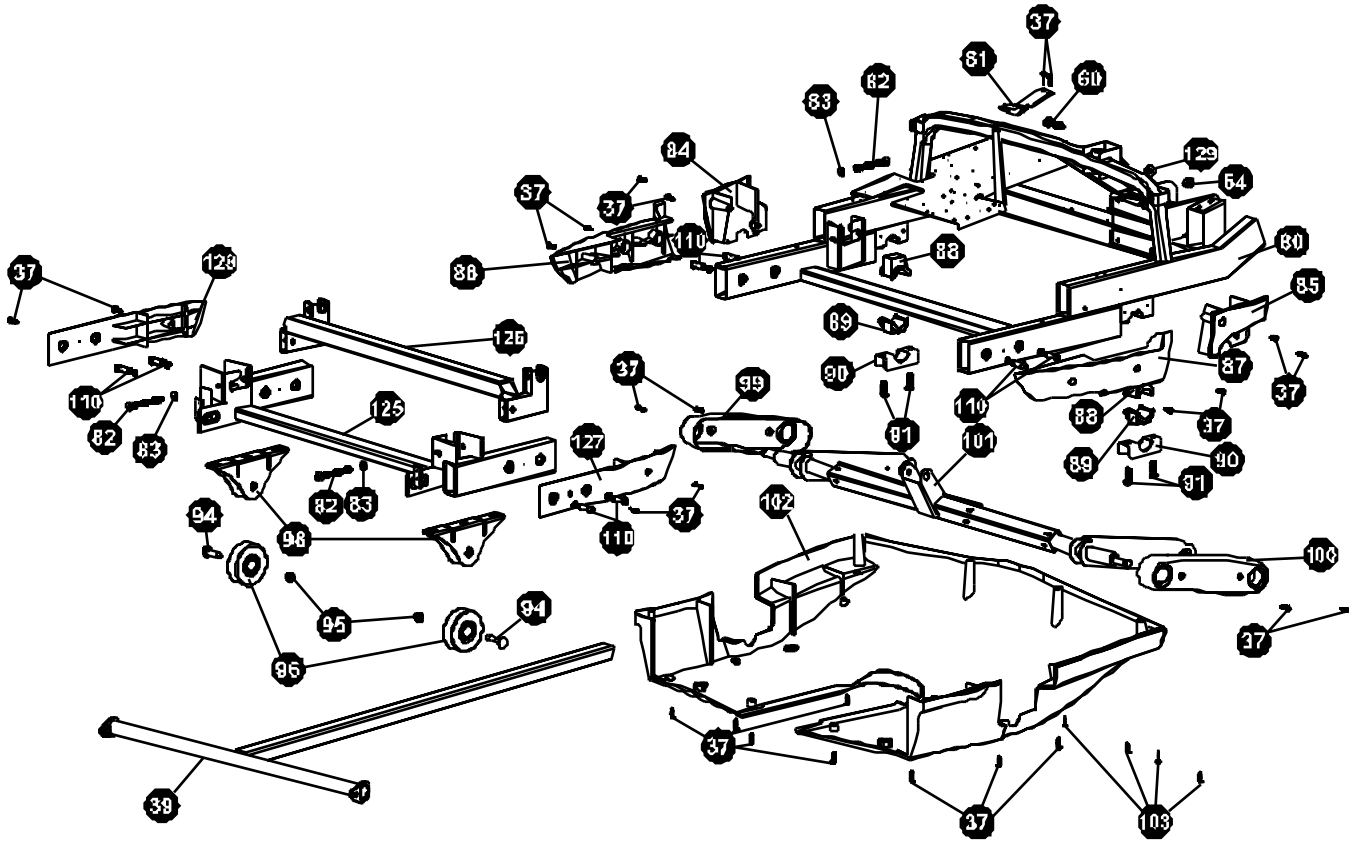


ASSEMBLY

STEP 1:

Remove your treadmill from the carton and place it on the floor in an open area as shown in FIG. 1.

Secure the Computer (1) to the Console Tube (5) using two Console Screws (104).

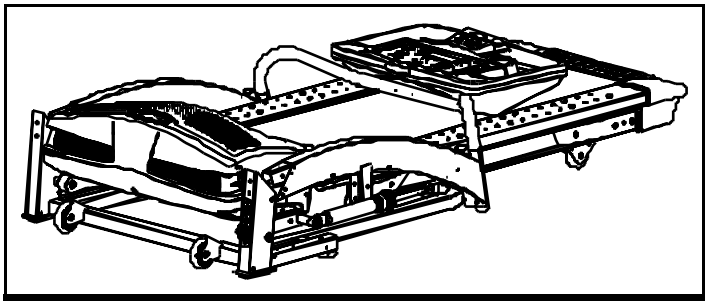
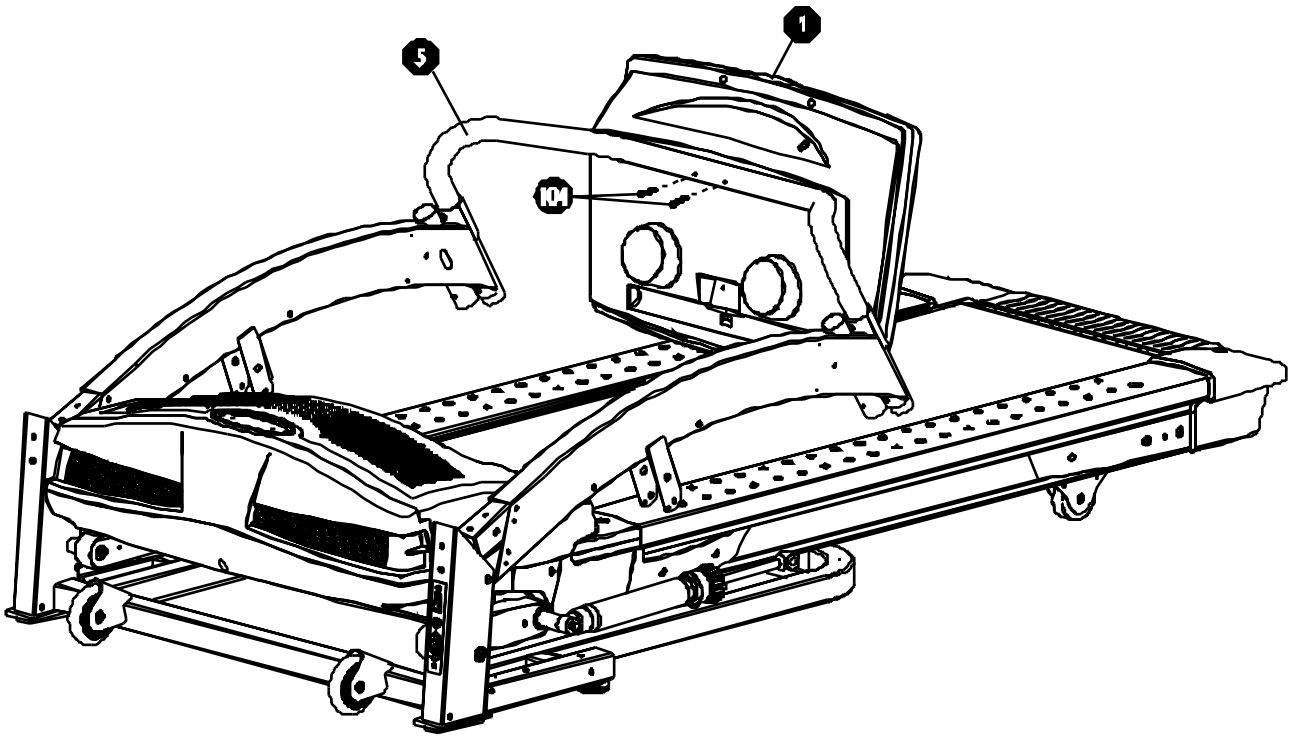


FIG. 1

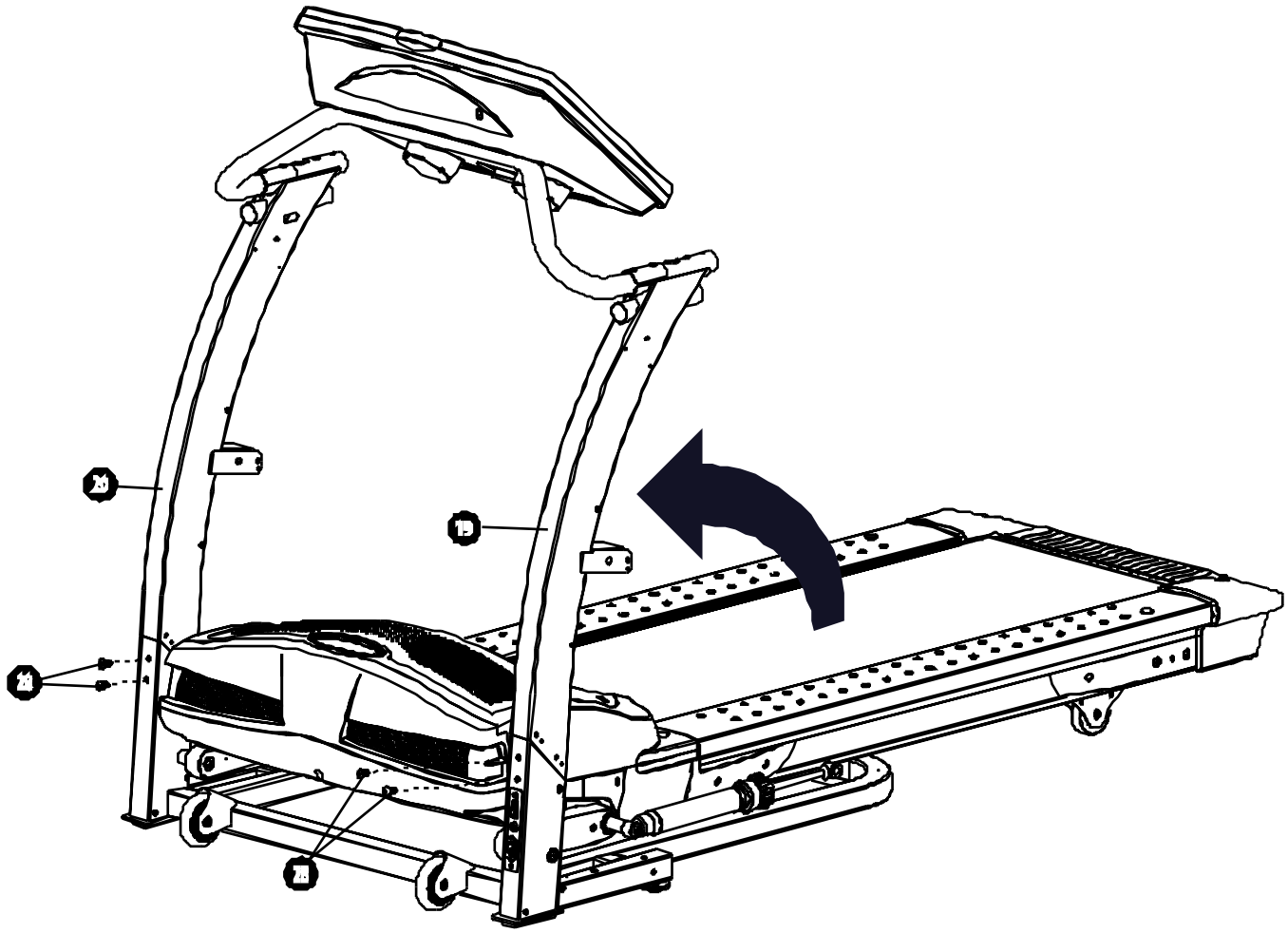


ASSEMBLY

STEP 2:

Rotate the Left and Right Uprights (19 and 20) up into position and secure them with four M8 x 15mm Allen Head Bolts (28).

28 x4

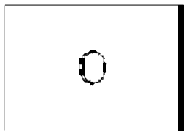


ASSEMBLY

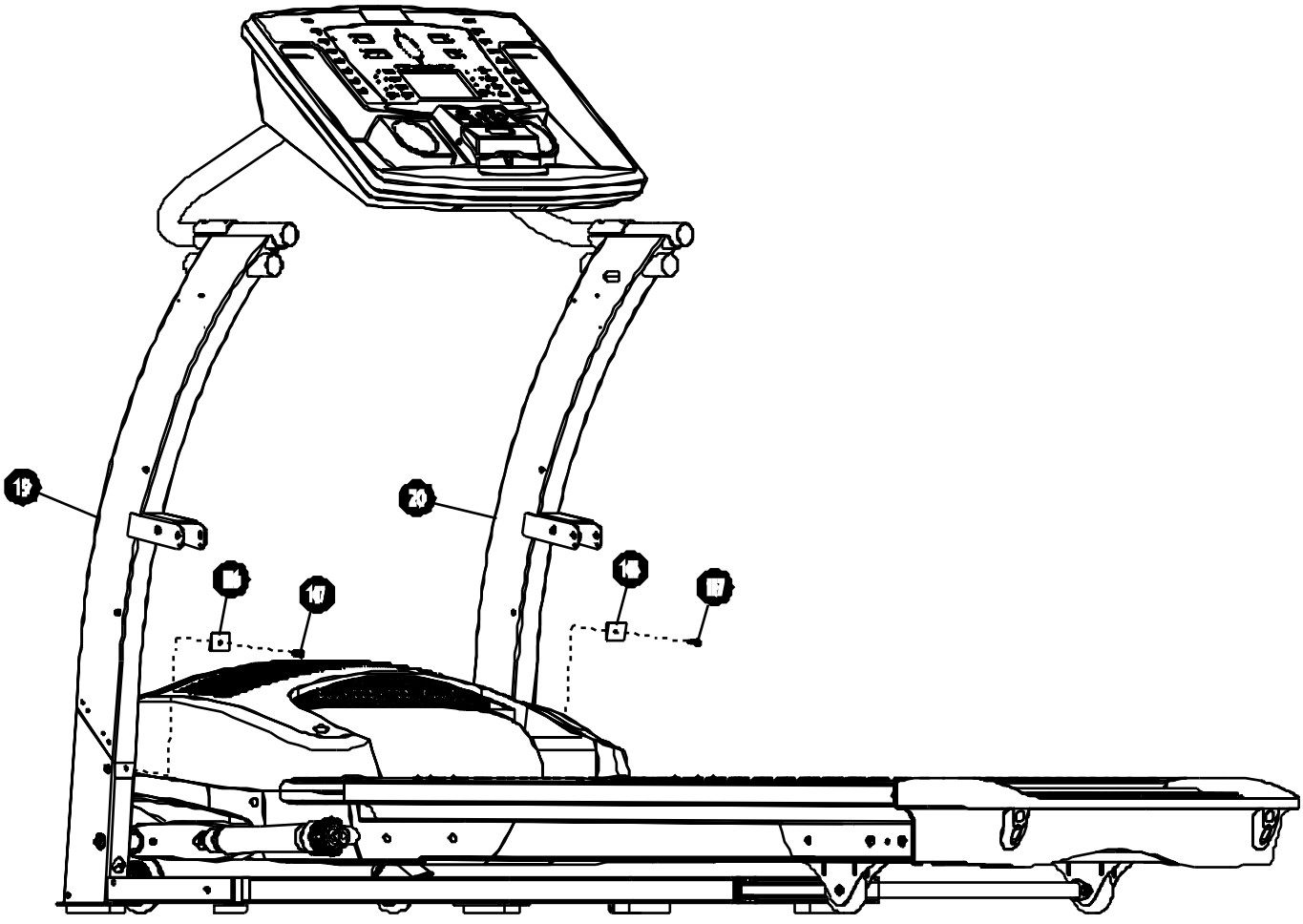
STEP 3:

Attach one Upright Cover (106) to the Left Upright (19) and secure with one M6 x 15mm Screw (107). Repeat this procedure on the Right Upright (20).

106 x2



107 x2

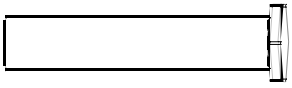


ASSEMBLY

STEP 4:

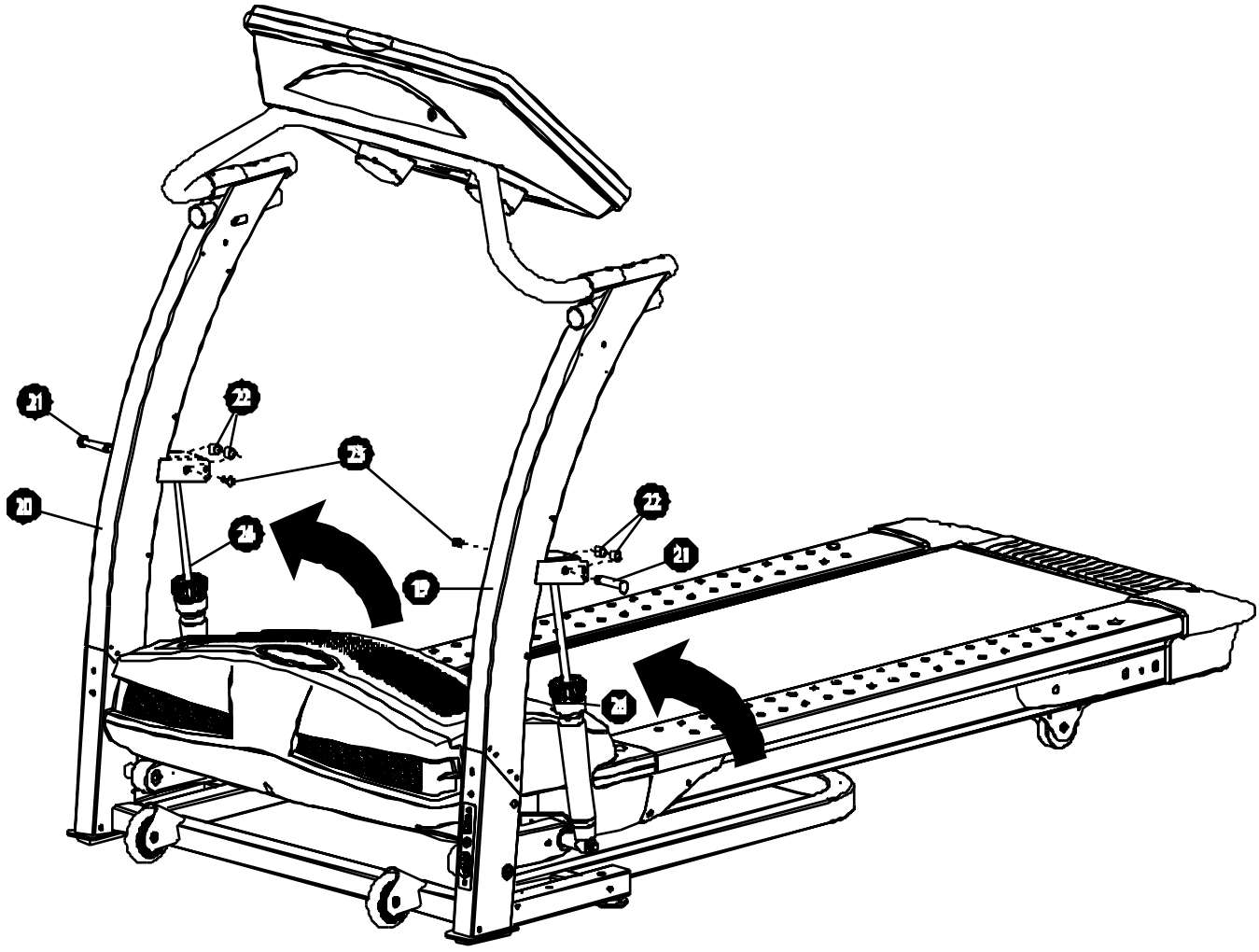
Attach the Suspension System Hardware Assembly (26) to the Left Upright (19) and secure with two Plastic Spacers (22), one ½" x 68mm Bolt (21) and one M8 x 25mm Bolt (23). Repeat this procedure on the Right Upright (20).

21 x2



22 x4

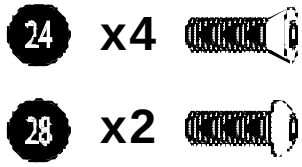
23 x2

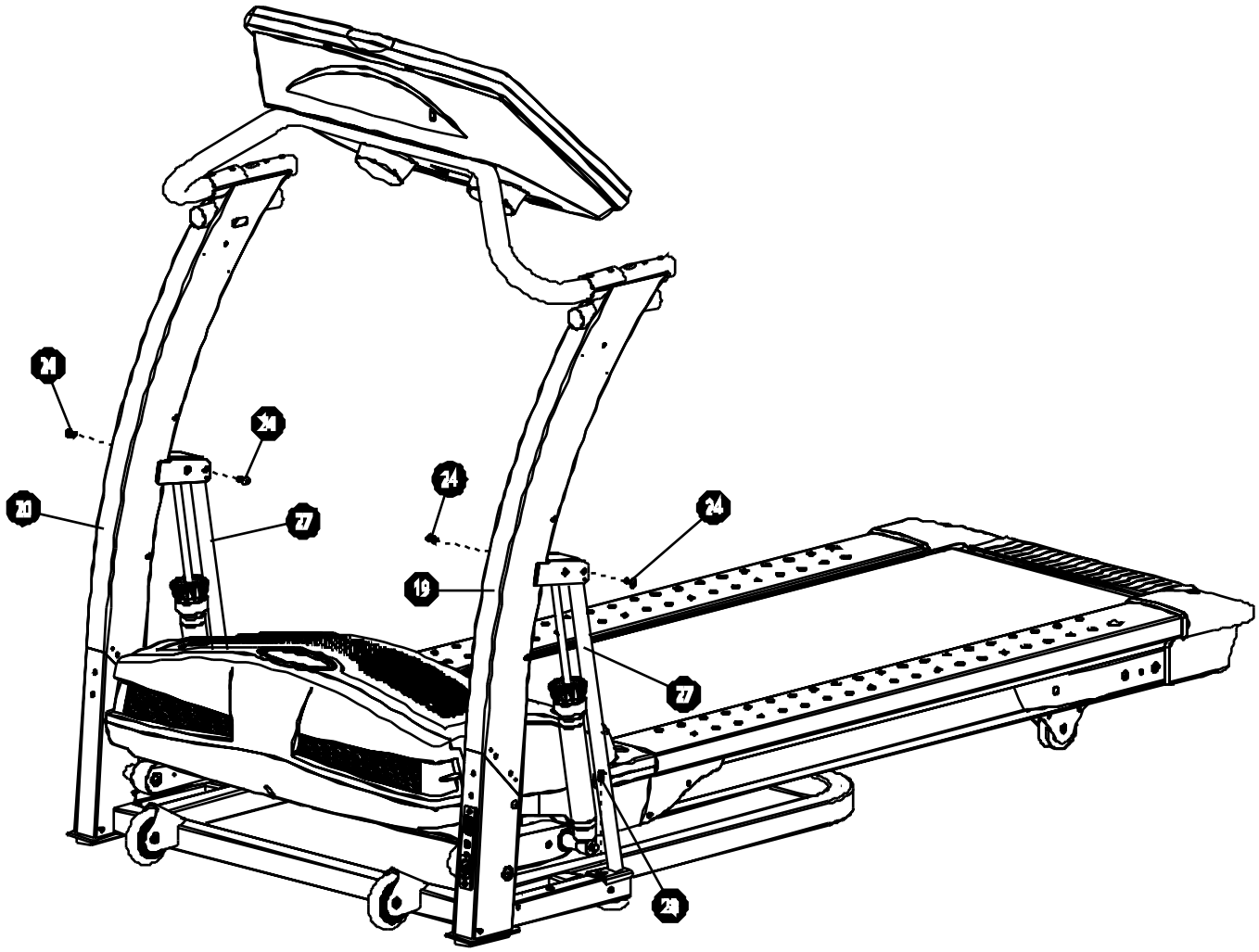


ASSEMBLY

STEP 5:

Attach one Upright Support Tube - Bottom (27) to the Left Upright (19) and secure using two M10 x 20mm Allen Head Bolts (24) at the top bracket and one M8 x 15mm Allen Head Bolt (28) at the bottom bracket. Repeat this procedure on the Right Upright (20).

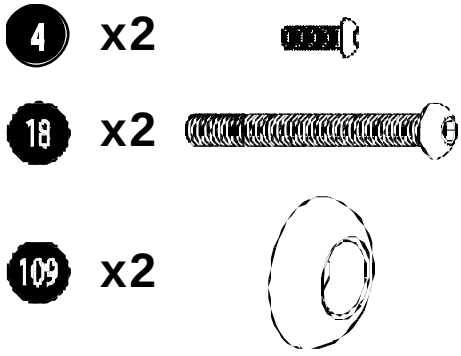


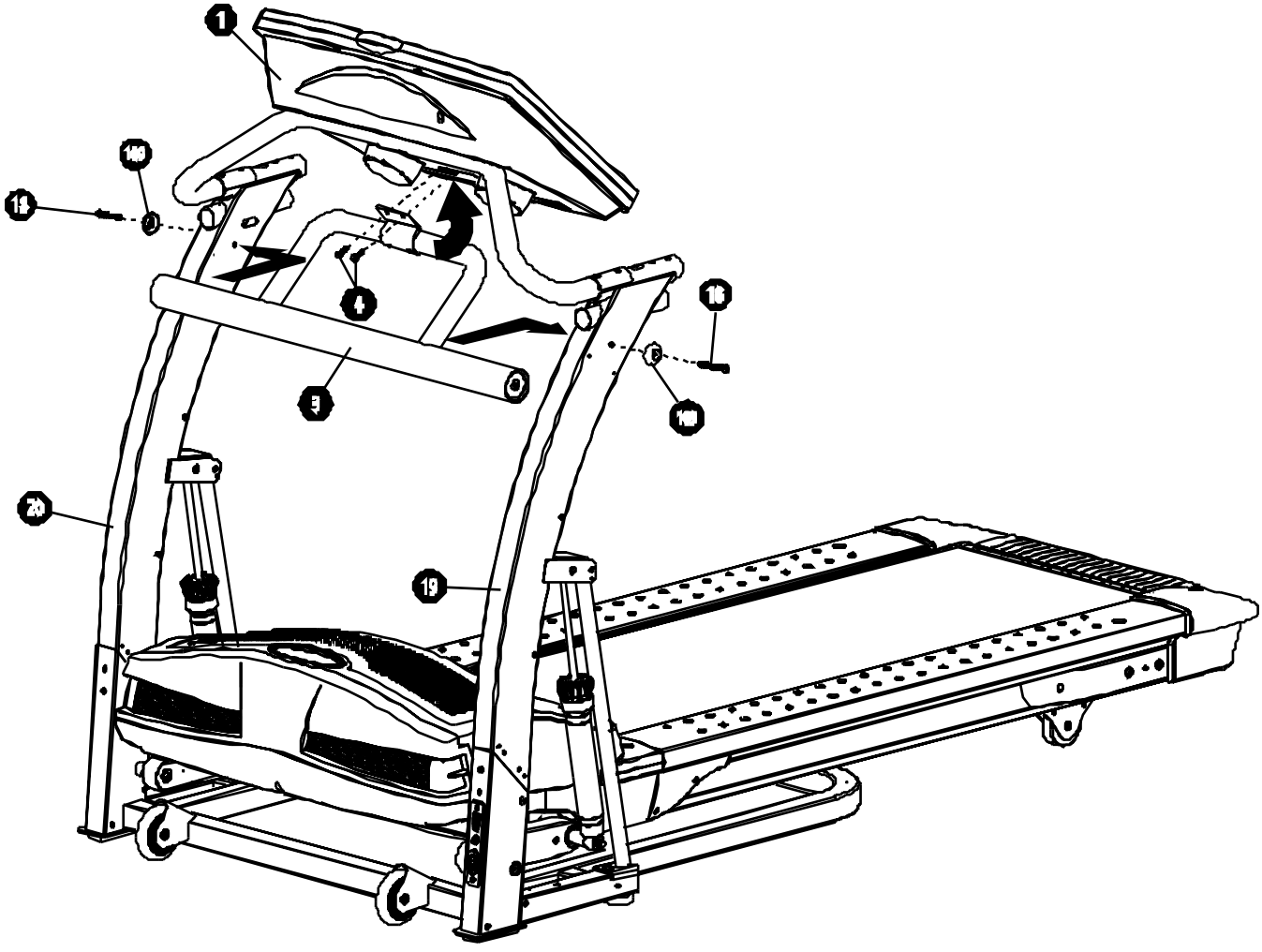


ASSEMBLY

STEP 6:

Attach the Console Support Tube (3) to the Console (1), Left Upright (19) and Right Upright (20). Secure using two M6 x 20mm Allen Head Bolts (4), two Metal Caps (109) and two M8 x 95mm Screws (18).

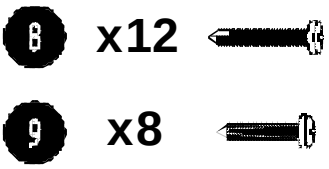


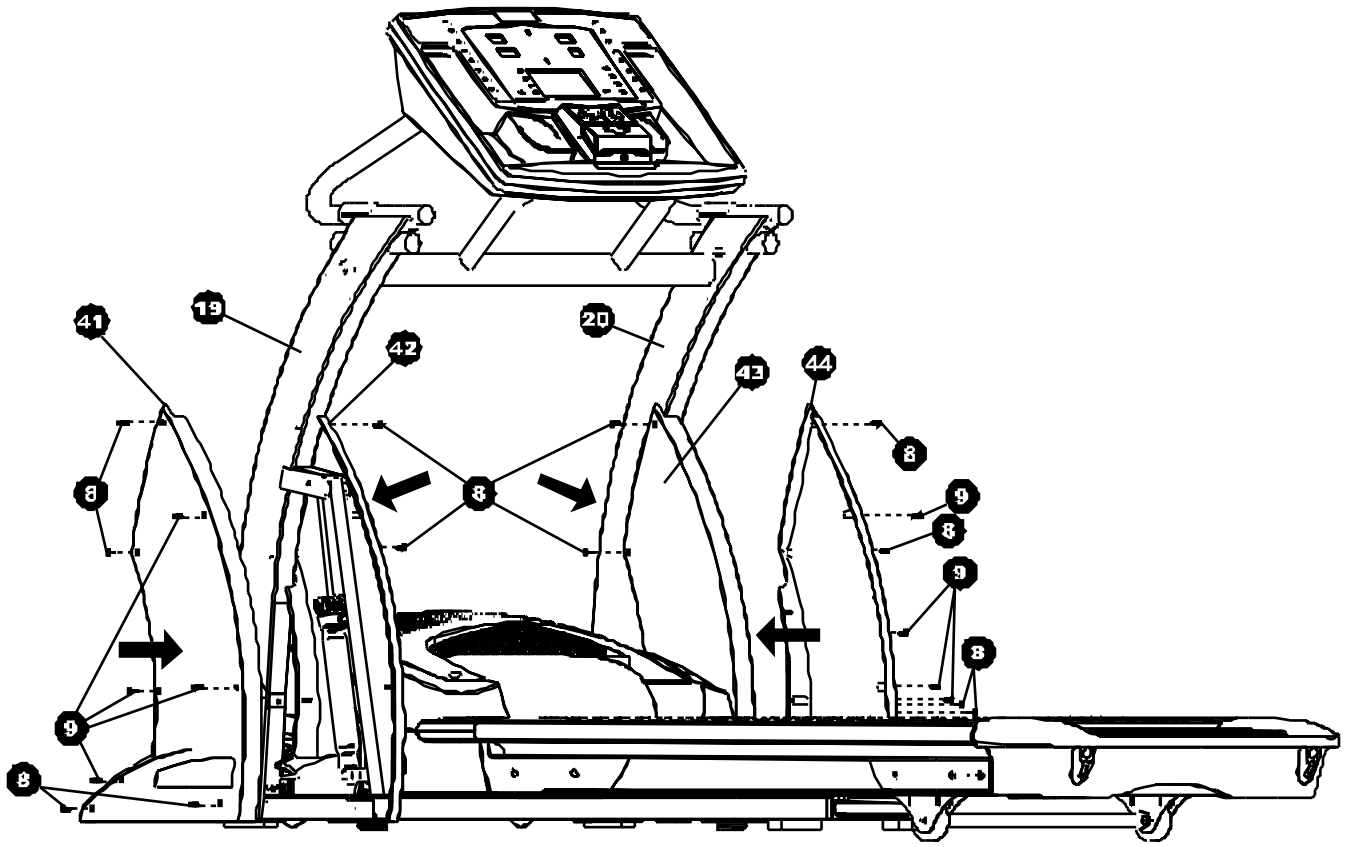


ASSEMBLY

STEP 7:

Attach the Upright Plastic Shroud Left #1 (41) and Upright Plastic Shroud Left #2 (42) to the Left Upright (19) and secure with six #8 x 19mm Screws (8) and four #8 x 25mm Screws (9). Repeat the procedure on the Right Upright (20) to attach the Upright Plastic Shroud Right #2 (43) and Upright Plastic Shroud Right #1 (44).





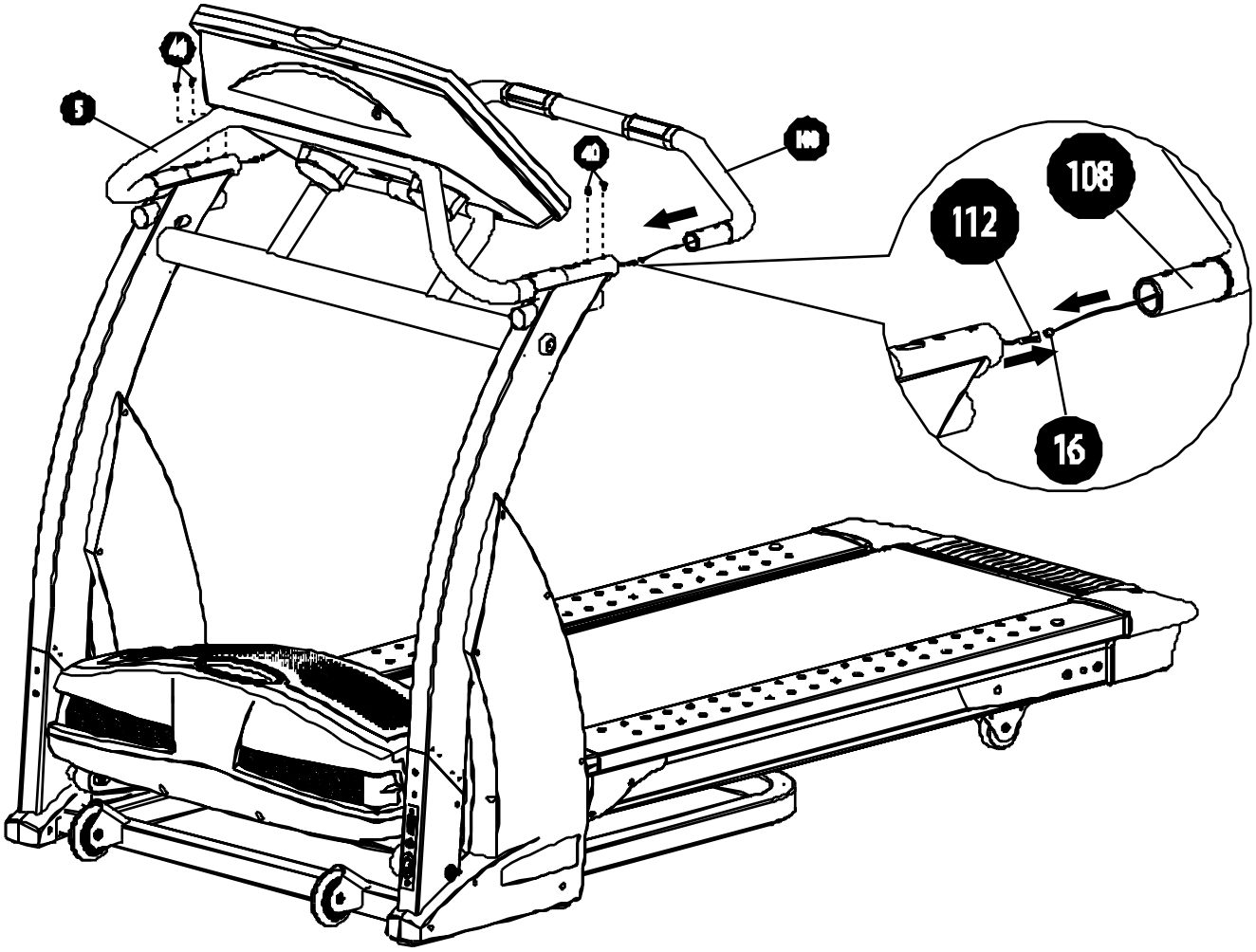
ASSEMBLY

STEP 8:

Connect both the Hand Pulse Sensor Wires - Upper (112) to the Hand Pulse Sensor Wires (16) as shown. **NOTE:** Make sure all wires are recessed into the tube, do not trap or pinch any of the wires.

Attach the Front Handlebar (108) to the Console Support Tube (5) and secure using four M8 x 10mm Allen Head Bolts (40).

40 x4



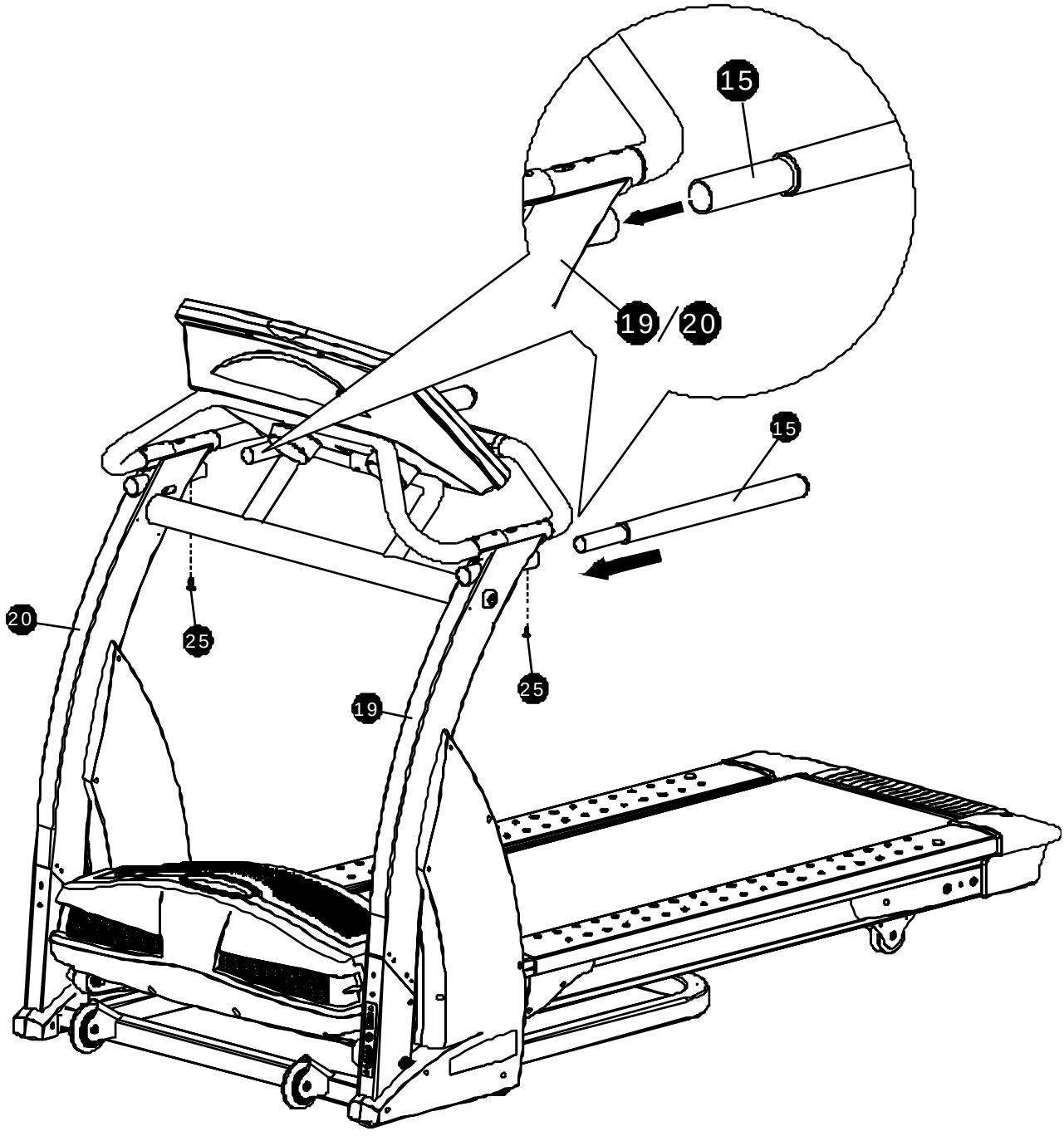
ASSEMBLY

STEP 9:

Connect the Motion Control Sensor Wire - Upper (114) coming from the Left Upright (19) to the Motion Console Sensor Wire (6) coming from the Handlebar (15) as shown. **NOTE:** Make sure all wires are recessed into the tube, do not trap or pinch any of the wires.

Attach one Handlebar (15) to the Left Upright (19). Secure using one M8 x 20mm Allen Head Bolt (25). Repeat this entire procedure on the Right Upright (20).

25 x2

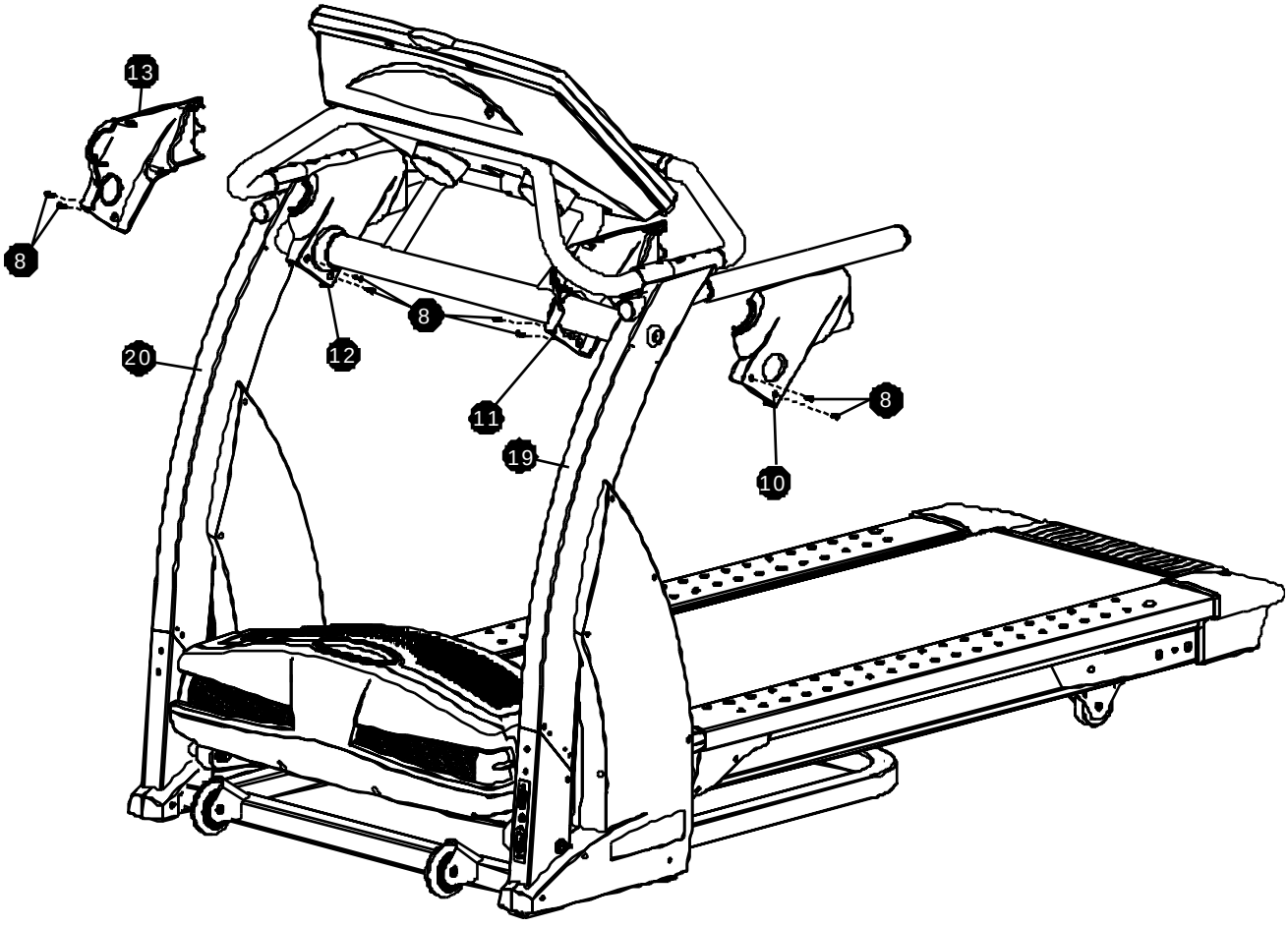


ASSEMBLY

STEP 10:

Attach the Handlebar Rear End Cap – Left #1 (10) and Handlebar Rear End Cap – Left #2 (11) to the Left Upright (19). Secure using four #8 x 19mm Screws (8). Repeat the procedure on the Right Upright (20) to attach the Handlebar Rear End Cap – Right #1 (12) and Handlebar Rear End Cap – Right #2 (13).

Now your Momentum T7 treadmill is fully assembled.

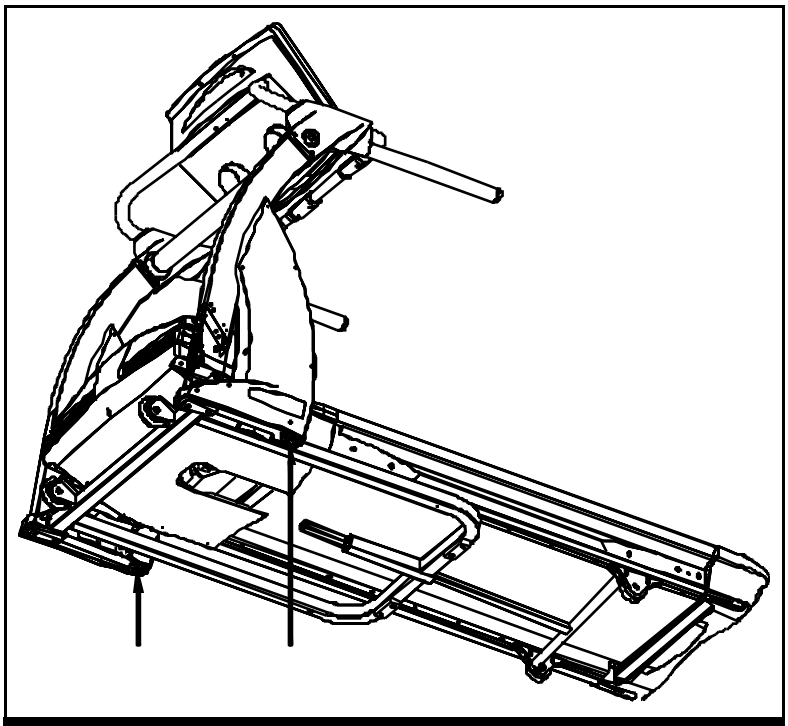


STABILIZER ADJUSTMENT

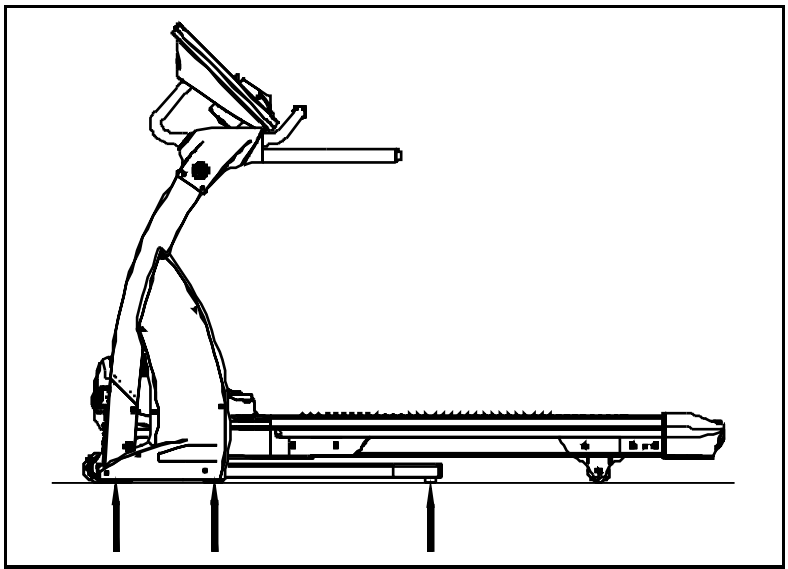
FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.



Locate the two adjustable stabilizers under the base frame.

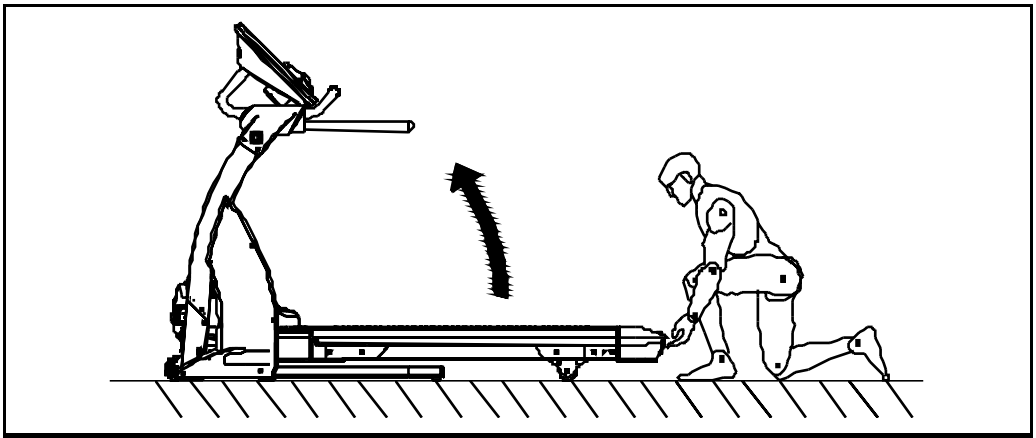


Treadmill should sit firmly on both stabilizers and all cushions.

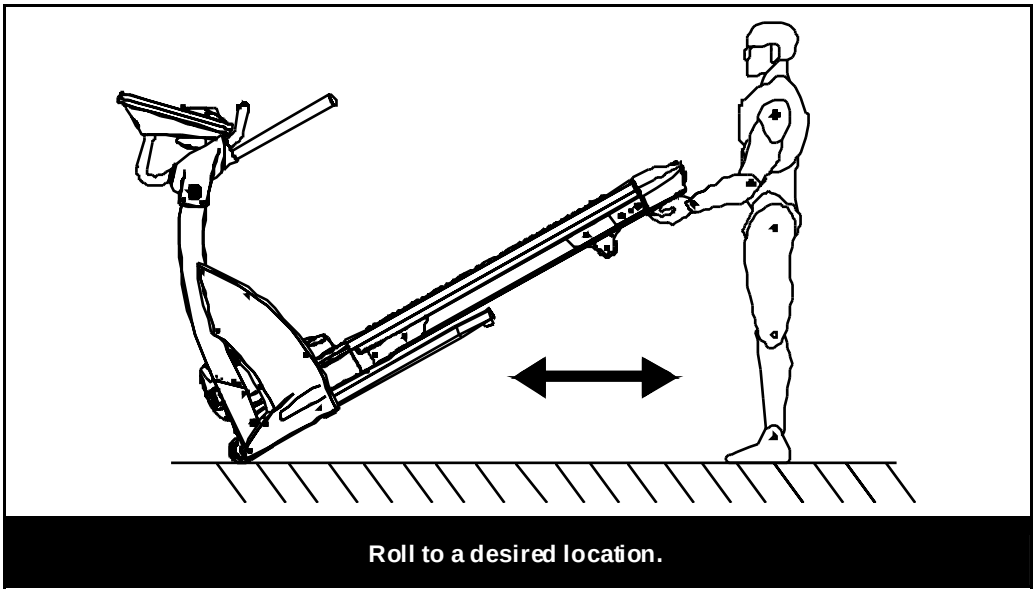
TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

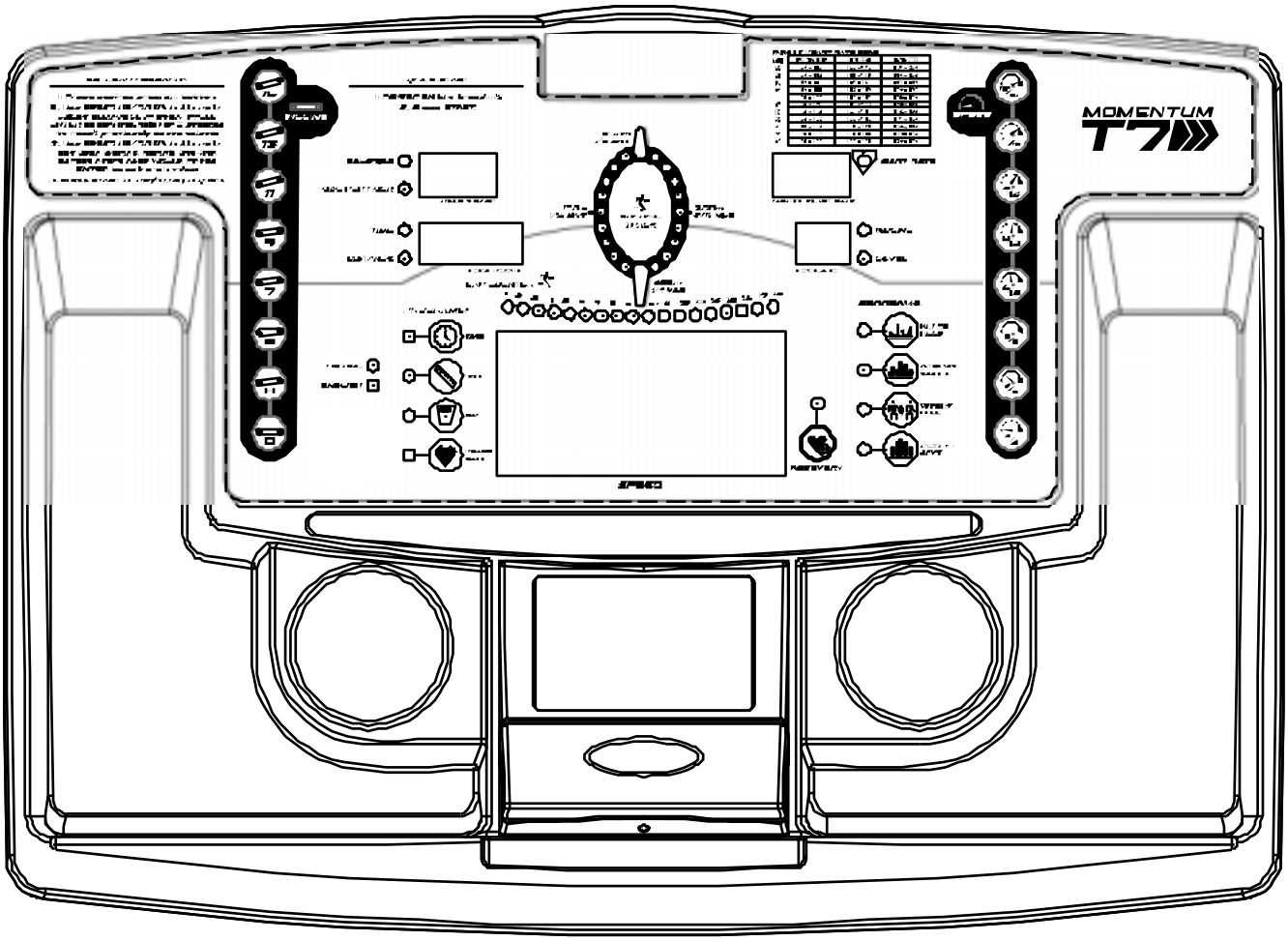
To move the treadmill, simply lift the deck from the rear so that the treadmill rests on the front transportation wheels. Roll to a desired location. After moving the treadmill always be sure to follow the STABILIZER ADJUSTMENT instructions to level the treadmill before use.



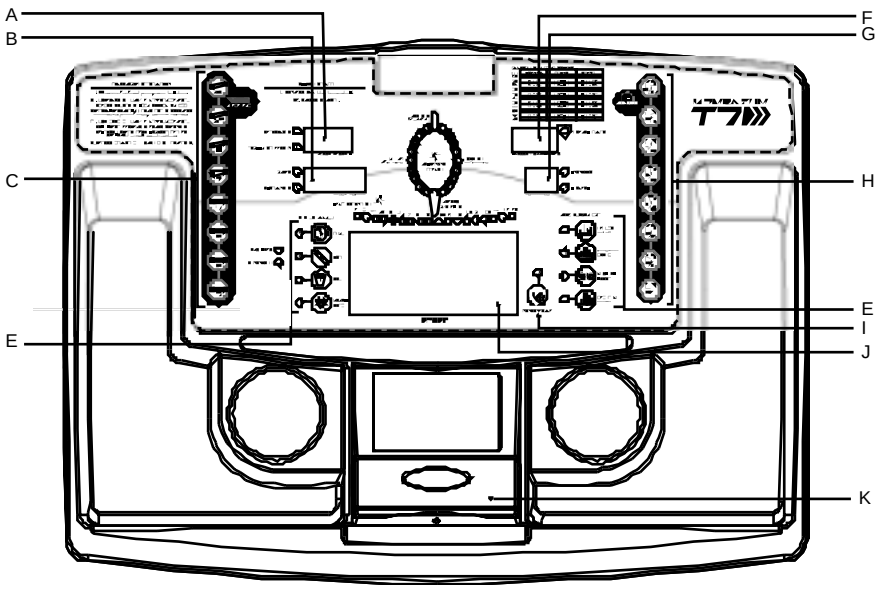
Lift the deck from the rear so that the treadmill rests on the front transportation wheels.



Roll to a desired location.


MOMENTUM
T7

COMPUTER OPERATION



Calories/Calories Per Hour	**A**	**B**	**Time/Distance**
Express Incline Buttons	**C**	**F**	**Heart Rate**
Preset Programs	**E**	**H**	**Express Speed Buttons**
Incline/Level	**G**	**J**	**Speed and Incline Profile Display**
Recovery	**I**		
Emergency Stop Button	**K**		

POWER ON:

Set the POWER SWITCH, located on the bottom of the left handle bar upright tube, to ON and insert the SAFETY KEY. All the LED lights will auto scan then display the factory default setting:

CALORIES window will display : 0
TIME window will display : 0:00
SPEED window will display : SPEED
INCLINE window will display : 0
HEART RATE window will display : 0

SLEEP / DISPLAY MODE:

When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input. Press any button to return to POWER ON status when the computer is in the SLEEP MODE.
To cancel the SLEEP MODE feature using the DISPLAY MODE and always keep the console display on, press the EMERGENCY STOP button to power off the treadmill, press and hold the SPEED UP and DOWN buttons, press the EMERGENCY STOP button again to power on the treadmill. After one short beep sound the HEART RATE window will show “1”. Press the START button then TIME LED window will show “ON” (SLEEP MODE feature on) or “OFF” (SLEEP MODE feature off). Press the INCLINE UP and DOWN buttons to switch between “ON” and “OFF” then press STOP to save the setting and return to POWER ON mode.

COMPUTER OPERATION

OPERATING INSTRUCTIONS:

3 SECONDS ALERT:

To ensure you are well prepared before the belt starts moving, every time you press the START button to start the belt, the SPEED window will countdown 3 seconds with the LED showing "3-2-1" then the belt will start moving.

PAUSE/STOP:

When the treadmill is running, press the STOP button to pause the treadmill. All figures on the displayed on the LED will freeze. Press START to resume the program and all displays will continue the performance until the program finishes. If you continue pressing the STOP twice, then all data will return to 0 and the treadmill will return to POWER ON status. If there is no action within 30 seconds, the treadmill will return to POWER ON status.

ENGLISH/METRIC CONVERSION:

The treadmill computer display can show ENGLISH and METRIC information. The factory should have the proper setting on this for different markets. In case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

1. Press the EMERGENCY STOP button to power off the treadmill. Press the START button on the computer and hold it. Press the EMERGENCY STOP button again to power on the treadmill then release the START button. The computer will sound one short beep and METRIC or ENGLISH LED light up.

2. Press the START button to switch between METRIC and ENGLISH then press the STOP button to confirm the selection and return to the POWER ON status.

QUICK START:

When the treadmill is in POWER ON status, press the START button to activate the QUICK START program. The speed will start from 0.5MPH/0.8KMPH. Press the SPEED UP/DOWN button to change the speed. Press the INCLINE UP/DOWN button to elevate the treadmill. The TIME, CALORIES and DISTANCE will count up from 0.

PAUSE / STOP
During the workout press the STOP button once to pause the treadmill. Press the STOP button twice to delete all workout data and return to POWER ON status.

RECOVERY

Recovery is the feature to let the user test their physical condition after a workout. The recovery rating is determined by measuring how quickly the user's pulse slows down after the workout to justify the user physical condition. The faster the pulse slows down, the better the user's physical condition. User's can record their recovery rating after each workout to use for reference. To operate the RECOVERY, press the RECOVERY button after completing a workout. The treadmill will enter the PAUSE/STOP status. Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse). The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the RECOVERY procedure. TIME counts down from 01:00 to 00:00. The SPEED LED window will show the RECOVER RATING after the one-minute count down. The lower the number the better the fitness level. Record the rating for future comparison.

During the RECOVERY procedure, if you want to stop the RECOVERY and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the RECOVERY procedure, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the RECOVERY button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status. Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

COMPUTER OPERATION

PROGRAM:

To select other programs, you will need to select the USER first. Press the SPEED UP/DOWN button to select the USER CODE from U1 to U9 then press the ENTER button to confirm the user code. If the user information has been previously input, press the ENTER button again and hold it for 5 seconds then the computer will skip the user information set up procedure and enter the program select procedure. To input the new user information, please follow the procedure as below:

WEIGHT set up – After the User Code confirmation procedure, The CALORIES/CAL PER HOUR display will show the default or previous setting and begin blinking. Press the SPEED UP/DOWN button to adjust the user weight information then press ENTER to confirm.

HEIGHT set up – After the WEIGHT set up procedure, the TIME/DISTANCE display will show the default or previous setting and begin blinking. Press the SPEED UP/DOWN button to adjust the user height information then press ENTER to confirm.

AGE set up – After the HEIGHT set up procedure, the INCLINE/LEVEL display will show the default or previous setting and begin blinking. Press the SPEED UP/DOWN button to adjust the user age information then press ENTER to confirm.

TARGET HEART RATE set up – After the AGE set up procedure, the TARGET HEART RATE displays in the PULSE LED window and is blinking. The factory TARGET HEART RATE setting is based on 85% of the maximum user heart rate. The maximum user heart rate is calculated using the formula: 220 minus the user age. As an example, for age 35 the maximum user heart rate should be 185 and 85% of the maximum user heart rate will be 157.

GOAL COURSE TIME:

When the computer is in POWER ON status press the button on the console. The LED on button will light up. If no buttons are pressed after this within 3 minutes the program will return to POWER ON status. If you wish to return to POWER ON status, press the STOP button any time.

The TIME LED will light up, show the preset time as *30:00* and blink. After press the button. Press the SPEED UP/DOWN buttons to set your ideal workout time then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the TIME counts down from the preset time. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

GOAL COURSE DISTANCE:

When the computer is in POWER ON status press the button on the console. The LED on button lights up. If no buttons are pressed within 3 minutes the program will return to POWER ON status. If you wish to return to POWER ON status, press the STOP button any time.

The DISTANCE LED will light up, show the preset distance as ***0*** and begin blinking. After press the button. Press the SPEED UP/DOWN buttons to set up the ideal distance then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the DISTANCE counts down from the preset distance. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and incline starts from level 0.

During exercise press STOP to pause the program. Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

GOAL COURSE CALORIES:

When the computer is in POWER ON status press the button on the console. The LED button lights up. If no buttons are pressed within 3 minutes the program will return to POWER ON status. If you wish to return to POWER ON status, press the STOP button any time.

The CALORIES LED will light up and show the preset calories burned as ***0*** and blinking. After press the button. Press the SPEED UP/DOWN buttons to set up the desired calories then press the ENTER button to confirm. Then press the START button to start. After pressing the START button the CALORIES count down from the preset calories. The other information counts up until the treadmill stops. The Speed starts from 2MPH/3.2KMPH and the incline starts from level 0. Press the SPEED UP/DOWN buttons to adjust the speed. Press the INCLINE UP/DOWN buttons to adjust the incline level.

During exercise press STOP to pause the program. The Speed and Incline Level return to the beginning levels while the other information (Time, Distance, Calories) is paused. To recall values and resume exercising press START. Pressing the STOP button again within 30 seconds returns all data to zero and the computer returns to POWER ON status. If no buttons are pressed within 30 seconds the computer automatically returns to POWER ON status and all data returns to zero.

KILLER HILLS:

When the treadmill is in PROGRAM SELECT status, press the button. The LEVEL display will show ***01*** and be blinking. There are total of 12 different workout levels that can be selected. Press the SPEED UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the SPEED UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. GRADE% and 2 minutes in MAX. GRADE%. Repeat in 4 minute segments until the time counts down to zero.

Pre-set speed 2.0MPH/3.2KMPH, adjust the speed using the SPEED UP/DOWN BUTTON,

KILLER HILLS WORKOUT

LEVEL	MIN. GRADE%	MAX. GRADE%
1	0	4
2	1	5
3	2	6
4	3	7
5	4	8
6	5	9
7	6	10
8	7	11
9	8	12
10	9	13
11	10	14
12	11	15

COMPUTER OPERATION

SPEED INTERVAL:

When treadmill is in PROGRAM SELECT status, press button. The LEVEL display will show a blinking ***01***. There are a total of 12 different workout levels that can be selected. Press the SPEED UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 24 minutes. Press the SPEED UP/DOWN button to adjust the time, 4 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 minutes in MIN. SPEED and 2 minutes in MAX. SPEED. Repeat this in 4 minutes segments until the time counts down to zero.

Pre-set INCLINE LEVEL at 0%. Adjust the incline level using the INCLINE UP/DOWN button during the workout.

SPEED INTERVAL WORKOUT

LEVEL	MIN. SPEED (MPH)	MAX. SPEED (MPH)
1	1.8	3.0
2	2.0	3.4
3	2.2	3.8
4	2.4	4.2
5	2.6	4.6
6	2.8	5.0
7	3.0	5.4
8	3.2	5.8
9	3.4	6.2
10	3.6	6.6
11	3.8	7.0
12	4.0	7.2

WEIGHT LOSS:

When the treadmill is in PROGRAM SELECT status, press the button. The LEVEL will display a blinking ***01***. There are a total of 12 different workout levels that can be selected. Press the SPEED UP/DOWN button to select the level then press the ENTER button. The TIME LED will show a pre-set workout time of 30 minutes. Press the SPEED UP/DOWN button to adjust the time, 5 minutes per segment for every adjustment. Press the ENTER button to confirm the workout time then press the START button to start the program. The program will start with 2 .5minutes in MIN. SPEED/GRADE% and 2.5 minutes in MAX. SPEED/GRADE%. Repeat in 5 minute segments until the time counts down to zero.

WEIGHT LOSS WORKOUT

LEVEL	MIN. SPEED (MPH)	MAX. SPEED (MPH)	MINI. GRADE%	MAX GRADE%
1	1.6	2.8	0	3
2	1.8	3.0	0	4
3	2.0	3.2	1	5
4	2.2	3.4	1	6
5	2.4	3.6	2	7
6	2.6	3.8	2	8
7	2.8	4.0	3	9
8	3.0	4.2	3	10
9	3.2	4.4	3	11
10	3.4	4.6	4	12
11	3.6	4.8	4	13
12	3.8	5.0	4	14

COMPUTER OPERATION

CUSTOM SAVE:

The program can allow one custom programs to be set by users and store the settings for repeated workouts. The maximum workout time of each user program is 60 minutes. During the workout after the TIME counts up to 60:00, the treadmill will start a one-minute cool down procedure automatically. To set and store the user programs, please follow the procedure below:

SET AND SAVE THE USER PROGRAM

When the treadmill is in PROGRAM SELECT status, press the button. The screen will display **C1**. Press button again to Select between C1 to C3 and press the STOP/ENTER button to enter the user program then press the START button. Speed starts at 3.2 km/h / 2.0 mph and the incline level starts at level 0. Each section of SPEED/INCLINE is one minute. Press the SPEED UP/DOWN buttons to change the speed and press the INCLINE UP/DOWN buttons to change the incline during the workout. The computer will take the actual speed and incline level at the last second of each minute section and temporary save as the speed and incline level of that minute section. Continue the workout until you want to stop. Press the STOP button to enter the one-minute cool down session. The computer will automatically enter the save program status after the one-minute cool down session. If you want to skip the cool down procedure, press the STOP button to enter the save program status.

When the computer is in save program status, the "CUSTOM SAVE" button will blink slowly. Press the ENTER button to save this program or press the STOP button to delete the program and return to POWER ON status.

EDIT PREVIOUS SAVED PROGRAM
Edit the Speed and Incline without extending the previously saved workout time:
Simply press the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the speed and incline level during the workout then follow the SET AND SAVE procedure after completing the workout.

Extend the workout time from the previously saved program:
If you want to extend the total workout time from the previously saved program press the START button anytime during the workout. The LED of the CUSTOM SAVE button will light up and blink for 10 seconds then stay lit up. After completing the previously saved program the treadmill will start a one-minute cool down session. Press the START button again during the cool down session and the treadmill will skip the cool down procedure and continue running at a speed of 3.2 km/h / 2.0 mph and incline of level 0. Press the SPEED UP/DOWN and INCLINE UP/DOWN buttons for every minute section then follow the SET AND SAVE procedure after completing the workout.

If you already press the START button once during the workout and intend to extend the workout time but decide not to extend the workout time, press the START button again to switch off the LED light of CUSTOM SAVE button. Or wait till the previous saved program complete and complete the cool down procedure then follow the SET AND SAVE procedure.

HEART RATE CONTROL:

When the treadmill is in PROGRAM SELECT status, press the button.

TIME SET UP – After selecting the HEART RATE CONTROL program, the TIME LED will show a blinking pre-set workout time of 60:00. Press the SPEED UP/DOWN button to adjust the workout time then press the ENTER button to confirm. Press the START button to start the program. During the program please make sure to wear the chest belt or hold the hand pulse contact sensor on the handle bar at all times. Exercising without chest belt or failure to hold the contact sensor will cause the program fail and discontinue.

COMPUTER OPERATION

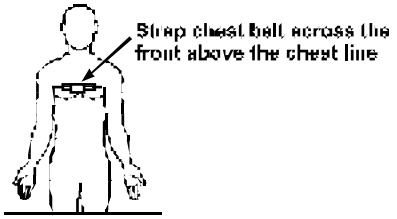
WARM UP – After completing the TIME set up and starting the program, there is a 3 minute WARM UP program to help you reach the minimum target workout heart rate. The speed will start from 2MILE/3.2KM and the incline level will start from 0. If the heart rate monitor senses the user's pulse properly but the actual user's pulse does not reach 65% of the max. heart rate ((220-age) x 65%) then the speed will increase by 0.5 mph /0.8 km/h every 30 seconds. If the actual pulse reaches 65% of the max. heart rate the speed will remain unchanged. If the actual pulse remains at 65% of the max. heart rate for more than one minute the speed will be maintained until the warm up program is finished and then go to the HEART RATE CONTROL main program. If you cannot reach the minimum target workout heart rate in 3 minutes, the program will continue the 2nd 3 minute WARM UP program. During the 2nd WARM UP program, the speed will remain the same speed as in the first WARM UP program. If the heart rate monitor senses the user's pulse properly but the actual user's pulse does not reach 65% of the max. heart rate ((220-age) x 65%) , the incline level will add 1% every 30 seconds. When the actual pulse rate reaches 65% of the max. heart rate ((220-age) x 65%) , the incline will stop changing and continue the same speed and same incline level until the time counts down to zero then enters the HEART RATE CONTROL main program. If during the 2nd WARM UP the user still can not reach the 65% of the max. heart rate , the computer will continue on to the 3rd WARM UP procedure for 3 minutes and both speed and incline level will be remain the same as the 2nd WARM UP until the time counts down to zero. If the 3rd WARM UP program still cannot bring up the actual pulse rate to the minimum target workout heart rate, the program will stop and SPEED LED will show FAIL.

HEART RATE CONTROL MAIN PROGRAM – After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, if the actual pulse rate cannot reach the maximum target workout heart rate, the incline level will be increased by 1% every 15 seconds until the pulse rate reaches the maximum target workout heart rate or the incline level will increase by 15%. After the incline level increases to 15% but still does not reach the maximum target workout heart rate the speed will be increase by 0.5MILE/0.8KM every 15 seconds until the pulse rate reaches the maximum target workout heart rate. If the actual pulse is higher than the maximum target workout heart rate, then the incline will be reduced 1% every 15 seconds until the actual heart rate meets the maximum target workout heart rate or the incline level will lower to 0%. Then the speed will be reduced by 0.5MILE/0.8KM every 15 seconds until the actual pulse meets the maximum target workout heart rate.

COOL DOWN – After completing the HEART RATE CONTROL program and the time counts down to zero start the one-minute cool down program. The incline will return to 0% and the speed will lower to 2MILE/3.2KM as the time counts down from 1:00.

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



MAINTAINENCE

HOW TO MAINTAIN THE MOMENTUM T7 TREADMILL:

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed any WARRANTY coverage.

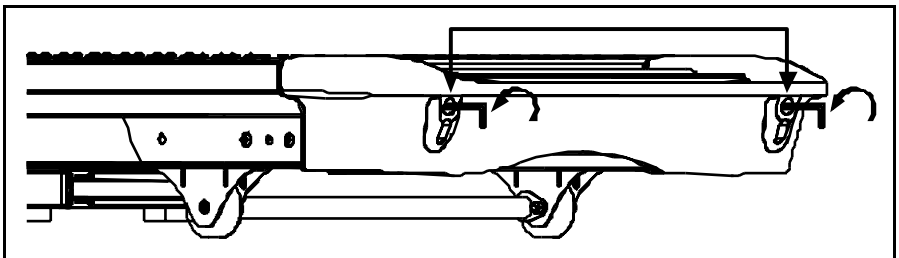
- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

- **Walking belt has shifted to the left**: First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt has shifted to the right:** First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.
- **Walking belt is slipping**: First unplug the power cord from the surge protector. Using the hex key provided, turn both the left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!



Right and left tension bolts are located at the rear of the treadmill.

MAINTAINENCE

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout**: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly**: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION:

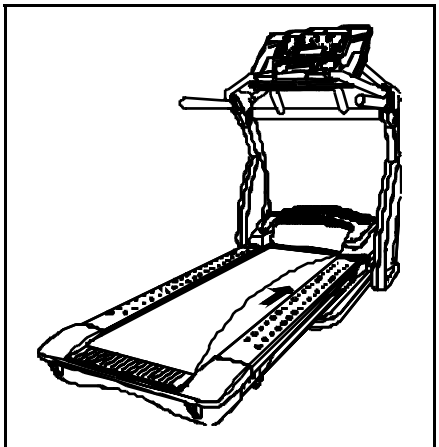
The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 400 hours of use.

Every 2 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube 'N Walk (can be purchased from your dealer or call the number on the front of the manual), or a non-petroleum based silicone such as "Napa 8300" (available at most stores).

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Spray lubricant from front to back.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

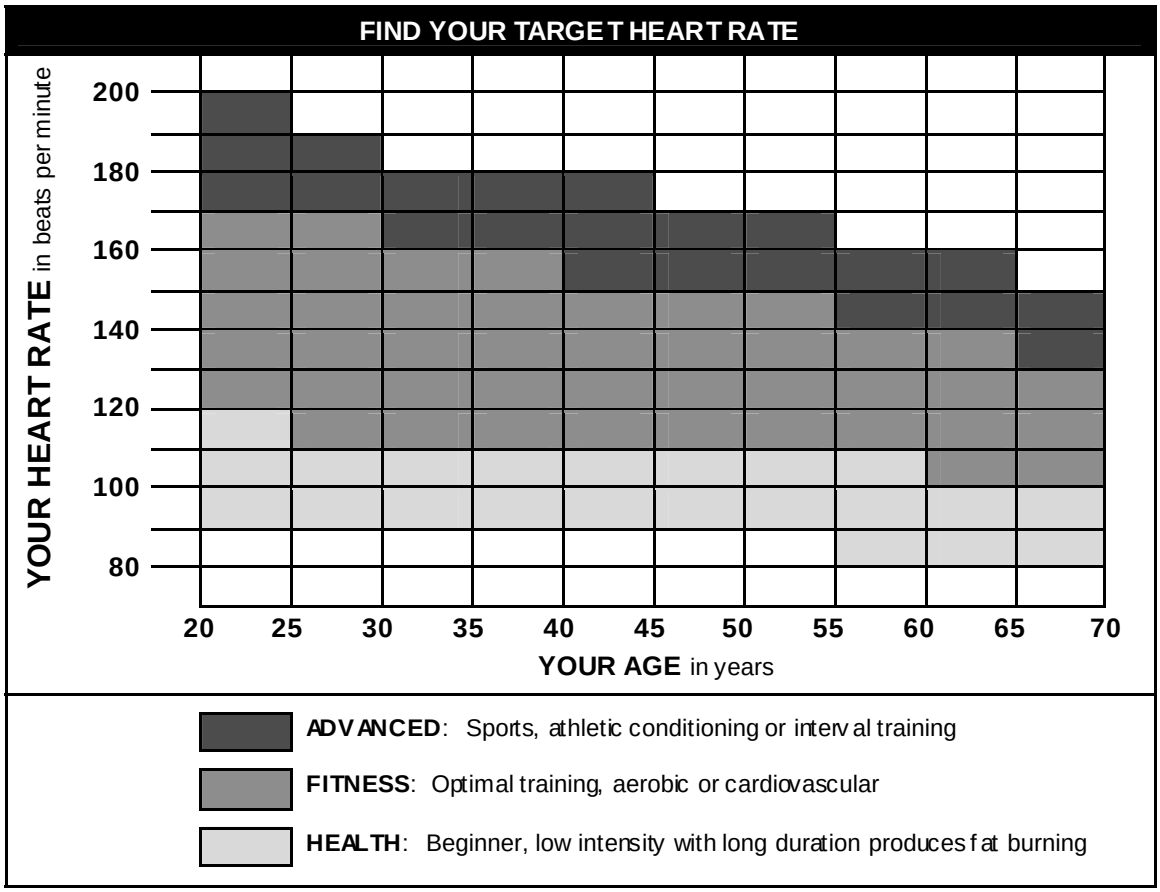
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



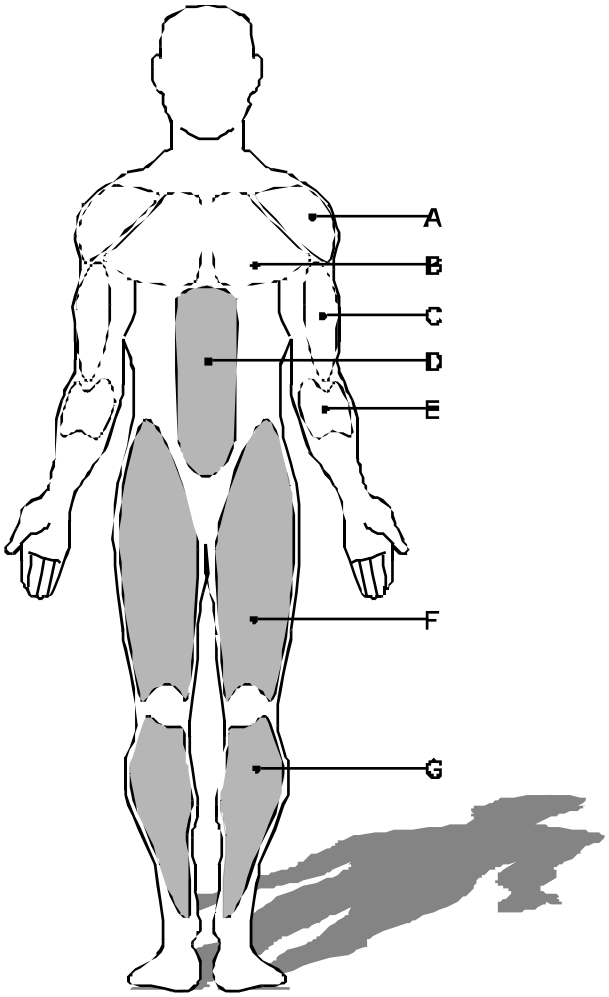
Aerobic exercise:

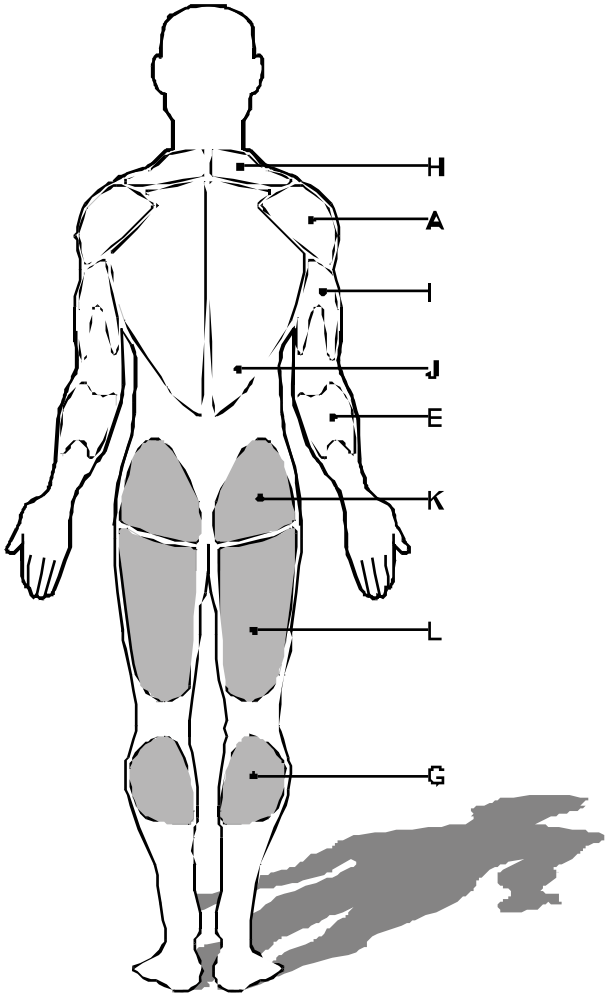
Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.





MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Shoulder Lift:

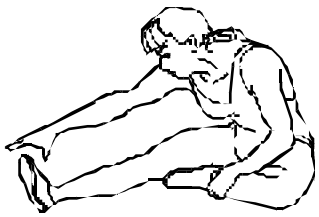
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

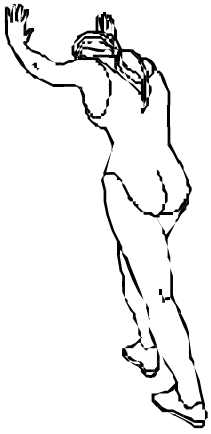


Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

TROUBLESHOOTING

Troubleshooting

NOTE: Do not touch any internal electric wires without consulting the manufacturer.

Treadmill will not start

1. Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet and the surge protector is turned on (refer to the Power Requirements section in this manual).

2. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

3. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

4. Have an electrician check for inadequate voltage at the outlet.

Treadmill looses power during use:

1. Check the circuit breaker reset switch located on the front of the treadmill. Turn the power off, wait 5 minutes then press the rest switch.

2. Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

Treadmill walking belt slows during use:

1. Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-guage cord of five feet or less and the surge protector is securely plugged into the outlet.

Treadmill walking belt slips or is not centered on rear roller:

Refer to the Belt Adjustment section of this manual.

MOMENTUM SERIES products are manufactured by:

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